

WISEWOMAN Screening and Referral Recommendations

The following table represents the measurements that at minimum are expected to be done on all WISEWOMAN participants at the baseline screening and rescreening appointments. Since the WISEWOMAN screening services are expected to be integrated into the BCCEDP annual exam appointment, it is not always practical to require the women to fast prior to the appointment. Women who have abnormal non-fasting values for blood cholesterol or glucose are expected to be referred for diagnostic tests in accordance with national clinical care guidelines.

Measurement	Normal/ Desirable	Abnormal			
Blood Pressure (mmHg)	<120 Systolic <i>and</i> <80 Diastolic	<u>Prehypertension</u> 120-139 Systolic <i>or</i> 80-89 Diastolic	<u>Stage 1 Hypertension</u> 140-159 Systolic <i>or</i> 90-99 Diastolic	<u>Stage 2 Hypertension</u> ≥160 Systolic <i>or</i> ≥100 Diastolic	<u>Alert*</u> >180 Systolic <i>or</i> >110 Diastolic
Total Cholesterol (mg/dL)	<200	<u>Borderline-high</u> 200-239	<u>High</u> ≥240		<u>Alert*</u> >400
HDL Cholesterol (mg/dL)	40-59 ≥60 (High)	<u>Low</u> <40			
Blood Glucose (Casual) (mg/dl)	<200 with no symptoms	<u>Diabetes</u> ≥200 plus symptoms			<u>Alert*</u> >375
Height and Weight – Body Mass Index (BMI kg/m ²)	18.5-24.9	<u>Overweight</u> 25-29.9	<u>Obesity (Class 1)</u> 30-34.9	<u>Obesity (Class 2)</u> 35-39.9	<u>Extreme obesity (Class 3)</u> ≥40

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The following table represents the additional measurements taken at the baseline screening and rescreening appointments when women have fasted.

Measurement	Normal/ Desirable	Abnormal			
LDL Cholesterol (mg/dL)	<u>Optimal</u> <100	<u>Near Optimal/ Above Optimal</u> 100-129	<u>Borderline High</u> 130-159	<u>High</u> 160-189	<u>Very High</u> ≥190
Triglycerides (mg/dL)	<150	<u>Borderline-high</u> 150-199	<u>High</u> 200-499	<u>Very High</u> ≥500	
Blood Glucose (mg/dl)	FPG <100 OGTT <140	<u>Prediabetes</u> FPG 100-125 OGTT 140-199	<u>Diabetes</u> FPG ≥126 OGTT ≥200		<u>Alert*</u> >375

* NHANES and NHLBI recommendations were used to identify alert values for the WISEWOMAN program. Women with alert values should be evaluated and treated immediately or within 1 week, depending on the clinical situation and complications, in accordance with national and program guidelines.

Note: WISEWOMAN funds cannot be used for treatment, including medication.

Medical Referrals

National clinical care guidelines are to be followed. Clinical guidelines for all required measurements can be found at the links below:

American Heart Association Evidence-Based Guidelines for Cardiovascular Disease Prevention in Women: 2007 Update

<http://circ.ahajournals.org/cgi/reprint/CIRCULATIONAHA.107.181546>

Blood Pressure

See The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 7) <http://www.nhlbi.nih.gov/guidelines/hypertension/>

Blood Cholesterol

See National Cholesterol Education Program, Adult Treatment Panel III Report (ATP III) <http://www.nhlbi.nih.gov/guidelines/cholesterol/>

Blood Glucose

See American Diabetes Association Clinical Practice Recommendations 2007 <http://www.diabetes.org/for-health-professionals-and-scientists/cpr.jsp>

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Weight

See The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults
http://www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm

Framingham CHD Risk Score

http://www.nhlbi.nih.gov/guidelines/cholesterol/risk_tbl.htm#women

Screening providers should make referrals based on the State/Territorial/Tribal program's policies and procedures. Referral policies and procedures should be in line with national clinical care recommendations and program guidelines and approved by individuals with appropriate medical qualifications at the State/Territorial/Tribal level.

A referral for a WISEWOMAN-reimbursed diagnostic office visit may be made if the participant has an abnormal:

- 1) Non-fasting blood cholesterol or non-fasting blood glucose value at the baseline screening or rescreening and a fasting blood cholesterol or fasting blood glucose is needed to diagnose the related condition.
- 2) Blood pressure, fasting blood cholesterol, or fasting blood glucose clinical value at the baseline screening or rescreening and is seen at a site where the provider cannot diagnose the related conditions.

WISEWOMAN funds may be used for the following diagnostic tests only: Fasting lipoprotein panel, fasting plasma glucose (FPG) measurement, or oral glucose tolerance test (OGTT).

Referral to WISEWOMAN-Funded Lifestyle Intervention(s) (LSI)

National clinical care, diet, and lifestyle recommendations listed above and in the WISEWOMAN Guidance Document are to be followed in the delivery of the LSI. The Guidance Document can be found at <https://wisewoman.rti.org>, Username: foa2008, Password: foa2008 (The password is case-sensitive.)

Baseline screening results; behavioral goals; and assessments related to diet, physical activity, and readiness to make lifestyle behavior changes should be used to determine the type of LSI a participant will be offered or if only risk reduction counseling and linkage to community resources is needed.

To help WISEWOMAN participants develop and maintain heart healthy behaviors, the State/Territorial/Tribal program must work with screening and lifestyle intervention providers who are knowledgeable about affordable and accessible resources in communities where WISEWOMAN participants live, work, and play and have a way to link them to these resources.